



# OMBUDSMAN'S CORNER

For most military spouses, the following cycle repeats itself every couple of years: another PCS, another trek to a new town, finding a new place to live, getting the kids settled in a new school and, oh yeah, take another stab at finding a new job. The search for employment is almost always a daunting task for anyone in the job market; but military spouses meet additional challenges. We face the process of finding and securing a job more often than we would like. Finding job opportunities in a particular field of expertise is sometimes difficult for military spouses. For those of us living in the a larger metropolitan area like San Diego, we might consider ourselves a bit more fortunate as the area houses many industries, trades and types of commerce that require large numbers of employees to generate necessary products and services. Although living in the San Diego area provides a larger pool of opportunities, a potential job applicant must still be prepared to compete. Being prepared with the “right” type of resume, polished job interviewing skills and appropriate attire for the interview and potential job can make you stand out above the crowd. There are also those of you who might be itching to start your own business but need guidance and coaching. The Navy, along with other military-associated organizations, provides a plethora of resources, training and networking opportunities to assist you in your job hunting and/or entrepreneurial endeavors.

Even though finding the “perfect” job might not be a top priority at this particular point in time, it might be the perfect time to update your qualifications or education. Military spouses now have access to educational funding provided through Career Advancement Accounts (CAA) Program. If your active duty spouse is assigned to a command in the San Diego metro area and has a minimum of 12 months remaining at a Navy installation in San Diego, then you may be eligible for up to \$3,000 per year (renewable for a second year) through the CAA program. Career Advancement Accounts (CAA) cover the costs of training and education, enabling you to earn a degree or credential in in-demand, portable fields in almost any community across the country. The Fleet and Family Support Center hosts weekly CAA orientations and eligibility interviews. You can contact them at (619) 556-9866 to pre-register and confirm location and time. Many schools also have tuition discount programs available to military spouses, so check with the admissions office of the particular college/university of your choice to see if they might offer spousal discounts.

The Fleet and Family Support Center (FFSC) also provides assistance with the following programs that can assist in your employment endeavors:

## **California Employment Development Department Assistance**

A counselor from the EDD is on site at Naval Base Coronado (Mondays and Fridays) and at Naval Base San Diego (Thursdays). The EDD counselor will assist you with skills assessment, goal-setting, unemployment compensation information, and provide referrals to local employers. To schedule, call pager number (619) 969-6402.

## **Finding Federal Employment**

Applying for federal employment can be a confusing process. In this workshop, you’ll learn the basics of the application process.

## **FFSC Job Fair**

From time to time, FFSC will sponsor job fairs where you can bring copies of your resume and be ready to network and obtain information about companies/industries. Family Employment Readiness Program (FERP) Specialists will be on hand to answer your questions. For more details, call (619) 545-6071.

### **Introduction to Owning Your Own Business**

Thinking about buying or starting your own business, or perhaps intending to operate a home-based business? In this workshop, you'll learn basic information about types of business resources to help you get started.

### **Family Employment Readiness Program**

The program goal is to provide one-on-one assistance to spouses seeking full- or part-time employment using local job listings and Internet resources. Assistance with résumé development and mock interviews are available.

### **Winning Interview Techniques**

Don't be intimidated by the prospect of a job interview. Learn the secrets of successful interviewing. This workshop will introduce you to techniques that will increase your chances of getting the job you want.

To obtain more information on any of the above programs or any addition employment resources offered by FFSC, you can call (619)-556-9866 or visit the Family Employment section of the website at <http://www.cnrsw.navy.mil/fsc/employment.asp>.

To obtain more information on any of the above programs or any addition employment resources offered by FFSC, you can call (619)-556-9866 or visit the Family Employment section of the website at <http://www.cnrsw.navy.mil/fsc/employment.asp>. You can also check out the following online resources for additional assistance.

- **Military Spouse Career Center** ([www.military.com/spouse](http://www.military.com/spouse)): Military.com provides this site which provides a place for you to post your resume, search for jobs and learn to advance in your field.

- **Military Spouse Job Search** ([www.militaryspousejobsearch.org/msjs/app](http://www.militaryspousejobsearch.org/msjs/app)) Search through jobs that are catered to your skills on this helpful career site.

- **Military Spouses' Career Network** ([www.mscn.org](http://www.mscn.org)): This network is designed to help military spouses get training, find jobs, and get support for their careers.

- **Military Spouse Corporate Career Network** ([msccn.org](http://msccn.org)): Look for jobs, post your resume and more on this great job site.

- **Military Spouse Business Association** ([www.milspousebiz.org/work](http://www.milspousebiz.org/work)): Military spouses who own their own businesses can enjoy the benefits and information provided by this helpful site.

- **Entrepreneurship** (<http://usmilitary.about.com/cs/family/a/spousejobs.htm>) Thinking of starting your own business? Check out this article for some insight.

- **Resume Tips for Military Spouses** (<http://ezinearticles.com/?Resume-Tips-For-Military-Spouses&id=1303538>): Learn what to include and exclude from your resume as a military spouse looking for employment.

- **Military Spouse Job Search Tips** (<http://www.usmilitary.com/745/military-spouse-job-search-tips>): Get some tips and pointers on how you can get a job even though you may be making frequent moves with the military.

Military spouses bring many valuable characteristics to an employer that others just do not possess: wisdom earned by working with diversified groups of people from all over the world, a variety of professional experiences that can improve the function, service and/or production of a work place, and the flexibility needed to generate new and innovative ideas. So take advantage of the resources available to you, the military spouse, to steer you in the right direction to a successful and productive career that you will enjoy!